

5 A's

The Brief Interventions for Smoking Cessation

An Evidence-Based Practice Tool

The 5 A's are a 10-minute decision support tool for clinicians to assist patients to quit smoking.

1

Ask about tobacco use

Ask each patient this question on arrival:



"Have you smoked in the last 30 days?"

2

Assess patient readiness to quit

"Do you want to quit smoking?"

Are you nicotine dependent?

How many cigarettes do you smoke a day?

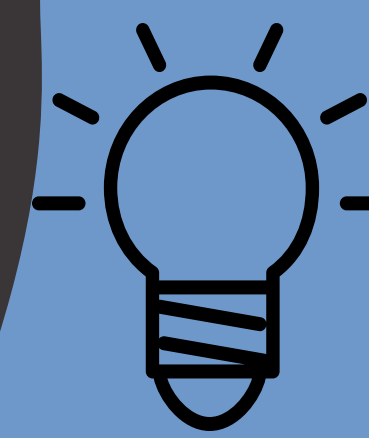
When you wake up each day, when do you smoke your first cigarette?

Are you currently using medicine to help you quit?

3

Advise all smokers to quit

"As a health professional, the best advice I can give you is to stop smoking."



"Giving up smoking is hard; however, it will help with (healing, finances, medication)."

"In the hospital, we have NRT (patches/gum) that you can try whether you are currently having cravings or not."

4

Assist with medication and practical counseling

Smoking Cessation Medications:

- Relieve nicotine withdrawal
- Increase chances of quitting



Offer NRT, Bupropion, and Varenicline

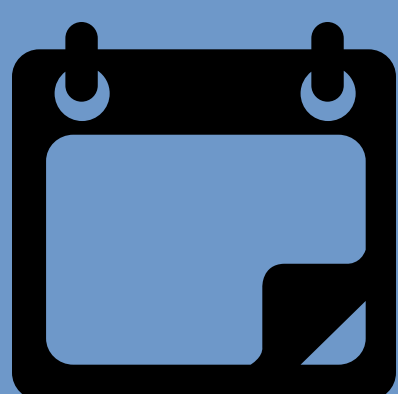


Offer practical counseling (motivational interviewing)

It is always safer to use NRT than to continue smoking.

5

Arrange for a follow-up or referral



Schedule a follow-up visit within 2-4 months.

FREEDOM FROM SMOKING
1-800-LUNG-USA

Toll-free line available in Kentucky
1-800-QUIT-NOW

Embracing the 5 A's can help you guide patients toward smoking cessation.

For more information, contact Zim Okoli, PhD at 859-323-6606 or ctokoli1@uky.edu.

Funded by the Kentucky Department of Public Health